

"BETTY'S CLINIC" SERIES - DVD & Resources -

1. Smoking & Alcohol

2. Healthy Food & Exercise

This package has been designed for use in homes, schools, churches, community health education programs, and those interested in promoting positive health principles for children and families in the Pacific Islands and beyond . . .

Each title sold separately and available in two ways:

DVD & Resource CD pack - contains DVD & CD so you can print your own workbook, teaching notes etc. **Price: \$5.00 ea**

Workbook also contains DVD & Resource CD -

Printed workbook also includes DVD & CD. **Price: \$10.00 ea**



Resources for the Pacific Islands -

"Just a Little Series"- now available on DVD

Just a Little Smoke - (Smoking)

Just a Little Race - (Nutrition)

Just a Little Party (Alcohol)

Just a Little Playing Around (AIDS)

BOOKLETS A range of full colour health education booklets ideal for school, community and church programs.

Active for Life - The why and how of fitness

Who Needs Drugs? - How to live drug free.

Living Smart with Less Stress - All you need to know about stress - in a nutshell.

POSTER - Eating Smart - A3 \$2 each

Booklet Prices: 45 cents each

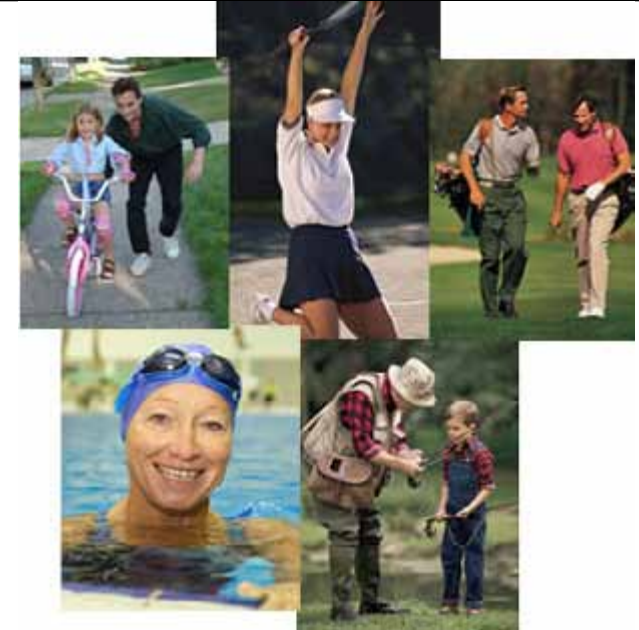


DVD's - Excellent for QUIT Now! Programs.

Second Chance: 1 of 10 - One family's story of lung cancer. Shows every step from diagnosis, surgery and recovery. Only 1 in 10 survive.

Confessions of a Simple Surgeon - The tobacco conspiracy. A 20 minute presentation featuring the well known anti-smoking campaigner, Dr Arthur Chesterfield-Evans.

Resources



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Program Resources

Taking Charge of Your Health

Taking Charge of Your Health brings together over 30 international health experts in seven exciting multimedia presentations.

Seven 30 minute presentations have been developed to address health and well-being. Each presentation presents practical solutions and information for making positive changes that will improve your life.

DVD Set Cost: \$54.95

Additional

Taking Charge of Your Health Resource CD \$10.00

Taking Charge of Your Health Poster \$1.30 each



Stress Beyond Coping

Seminar developed by Skip MacCarthy is the answer to the universal stress problem. Extensively researched and attractively illustrated it introduces spiritual principles skilfully and non-offensively. Package includes Instructor's Manual, (word for word script for six two hour sessions), powerpoint illustrations on CD and one set of participant workbooks \$175

Participant Workbooks (set of 6, one for each session) \$15



QUIT Now!

Facilitators Resource Kit - The facilitators guide to presenting the 7 Steps to Freedom \$80.00

QUIT Now! participant materials for group or individual stop smoking programs. Includes workbook, magnet, choice card, booklets and forms.

5 Pack - \$70

10 Pack - \$130.00

QUIT Now! 1 set of Participant Materials \$10.00



Computer Health Assessments

Your Health Age

Calculates a health age based on 7 lifestyle behaviours and compares with actual age.

Cost \$175

Your Health Age (100 Questionnaire/Report Forms) \$18



Computer Health Assessments Cont...

Your Stress Profile

Presents 6 indicators of stress coping status and compares to general wellness scores. Cost \$175

Your Stress Profile (100 Questionnaire/Report Forms) \$18



Your Coronary Risk

Your Coronary Risk is an excellent tool to awaken interest in heart health. This program is designed to collect data that indicate risks for heart disease and to educate people on how to reduce that risk.

Cost \$175.00

Your Coronary Risk (100 Questionnaire/Report Forms) \$18



Community Strategies - Resilience - The Circle of Courage model aims to help communities address the issue of youth risk behaviours.

Total Package - Cost \$85

BSomebody2Someone only - Cost \$45

Circle of Courage Media Resource

A series of 52 one-minute radio spots have been developed matching the radio spots are 52 newspaper articles that expand on the message along with 52 short messages that can be included in the community, faith community and school newsletters.

The Quest

This initiative outlines two key tasks to be completed by the taskforce team which will serve to not only build a sense of community but will also develop personal leadership skills and resilience in the process.

B Somebody 2 Someone

Mentoring Training Series. BSomebody2Someone is a training package developed to help train adult mentors who would like to connect in a positive way but feel they lack the skills. Resource includes 7 modules with powerpoint presentations, lecture notes for the presenters and workbook.

Community Mapping

This resource is designed to give communities a simple guide for evaluating what is currently offered to their young people and identifying the gaps that exist.



Creation Health

An introduction to God's 8 principles for healthy living: Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, Nutrition.

Leaders Kit with DVD Set \$350 (depending on US dollar rate)

Personal Study Guide \$35 each

Posters \$2 each

Post Cards .15 cents

